



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 09220, Tangerines, (mandarin oranges), canned, light syrup pack

Report Date: July 01, 2017 03:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g
Proximates					
Water	g	83.06	33	0.069	209.31
Energy	kcal	61	--	--	154
Energy	kJ	255	--	--	643
Protein	g	0.45	33	0.012	1.13
Total lipid (fat)	g	0.10	33	0.000	0.25
Ash	g	0.19	33	0.004	0.48
Carbohydrate, by difference	g	16.19	--	--	40.80
Fiber, total dietary	g	0.7	--	--	1.8
Sugars, total	g	15.49	--	--	39.03
Minerals					
Calcium, Ca	mg	7	33	0.262	18
Iron, Fe	mg	0.37	32	0.027	0.93
Magnesium, Mg	mg	8	33	0.109	20
Phosphorus, P	mg	10	33	0.131	25
Potassium, K	mg	78	33	1.303	197
Sodium, Na	mg	6	33	0.285	15
Zinc, Zn	mg	0.24	33	0.022	0.60
Copper, Cu	mg	0.044	33	0.002	0.111
Manganese, Mn	mg	0.032	--	--	0.081
Selenium, Se	µg	0.4	--	--	1.0
Vitamins					
Vitamin C, total ascorbic acid	mg	19.8	33	0.231	49.9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g
Thiamin	mg	0.053	33	0.000	0.134
Riboflavin	mg	0.044	33	0.001	0.111
Niacin	mg	0.445	33	0.019	1.121
Pantothenic acid	mg	0.125	--	--	0.315
Vitamin B-6	mg	0.042	--	--	0.106
Folate, total	µg	5	--	--	13
Folic acid	µg	0	--	--	0
Folate, food	µg	5	--	--	13
Folate, DFE	µg	5	--	--	13
Choline, total	mg	6.9	--	--	17.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	42	34	5.022	106
Retinol	µg	0	--	--	0
Carotene, beta	µg	191	--	--	481
Carotene, alpha	µg	131	--	--	330
Cryptoxanthin, beta	µg	496	--	--	1250
Vitamin A, IU	IU	840	34	100.438	2117
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	163	--	--	411
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	0.25
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.012	--	--	0.030
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g
16:0	g	0.011	--	--	0.028
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.018	--	--	0.045
16:1 undifferentiated	g	0.002	--	--	0.005
18:1 undifferentiated	g	0.016	--	--	0.040
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.020	--	--	0.050
18:2 undifferentiated	g	0.015	--	--	0.038
18:3 undifferentiated	g	0.005	--	--	0.013
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.004	--	--	0.010
Threonine	g	0.007	--	--	0.018
Isoleucine	g	0.012	--	--	0.030
Leucine	g	0.011	--	--	0.028
Lysine	g	0.023	--	--	0.058
Methionine	g	0.010	--	--	0.025
Cystine	g	0.005	--	--	0.013
Phenylalanine	g	0.015	--	--	0.038
Tyrosine	g	0.008	--	--	0.020
Valine	g	0.019	--	--	0.048
Arginine	g	0.031	--	--	0.078
Histidine	g	0.008	--	--	0.020
Alanine	g	0.024	--	--	0.060
Aspartic acid	g	0.055	--	--	0.139
Glutamic acid	g	0.045	--	--	0.113

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g
Glycine	g	0.045	--	--	0.113
Proline	g	0.022	--	--	0.055
Serine	g	0.015	--	--	0.038
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0